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“The Mineral Salts of the Blood,” “Low Resistance and Vitamin Deficiency,” and “Diet, Nutrition, and Dentistry,” plus High Points of A-C Carbamide

The following is a transcription of the June 1961 issue of Dr. Royal Lee’s *Applied Trophology* newsletter, originally published by Standard Process Laboratories.

The Mineral Salts of the Blood

When the balance of the saline constituents of the blood is disturbed, it is inevitable that serious repercussions take place in the functions of the body. Death from shock in trauma or burns can be the end result of such changes.[1] It is common to use transfusions or injections of blood plasma in such cases. But Dr. Rosenthal of the National Institute of Health, in the article cited, recommends oral administration or injection (of saline solution). He says:

> “Much has to be learned about the causes of shock…. (we) have repeatedly pointed out that fluid and electrolyte disturbances are not the sole causes. We have shown that they are important factors, the correction of which can often prevent death. And we have shown that saline solutions are as effective as plasma in most cases of shock if they are given in large enough amounts, by mouth or by injection.”

We submit that one of the missing links that Dr. Rosenthal warns about is the frequent constitutional deficiency of urea (carbamide). Carbamide is a physiological salt that is essential to life. It has heretofore usually been considered a waste product because it is necessarily a constituent of perspiration, urine, and bile—the routes of elimination of toxic wastes. It is now known that carbamide, like sodium chloride, is a diffuser of waste products, an aid to their elimination, and that both salts in the normal action of the kidney are reabsorbed in some degree before the final casting off of the concentrated urinary secretion. We are sure that the eighty severely burned patients (none of whom died) treated by saline solutions instead of plasma by Dr. Rosenthal would have received greater relief from the combined use of saline *and* carbamide.

The specific role of carbamide is to *reduce* the electrical conductivity of the body fluids. *All other salts increase this conductivity.* A low conductivity is essential to normal health. The sedimentation rate test is an index of conductivity. The red cells must maintain an electrical charge to cause them to repel each other; if the charge is lessened by an increase in conductivity of the plasma, the sedimentation time is lessened, and the patient is in effect closer to shock.

The protein molecules of the blood, in like manner, repel each other if the charge is maintained. An increase in conductivity increases the molecular weight of proteins. The molecules “chain up,” and the blood becomes more viscous; the heart is imposed upon, and the blood pressure tends to rise. Glaucoma is one of the conditions brought on by that syndrome. The pressure inside the eyeball builds up by reason of the increased plasma viscosity, and toxins accumulate from the effect of stagnated circulation. The patient knows only that he suffers shooting pains in the eyeball.

It is a simple deficiency reaction, as specific as beriberi or scurvy and as quickly relieved by the proper remedies—carbamide and vitamins G and F. One question every doctor should ask each patient is “Do you ever have shooting pains in your eyes?” Incipient glaucoma can be so easily relieved that it is important to find it before eye damage has occurred. A half teaspoon of carbamide in water three times a day and one G and one F tablet likewise will usually relieve the pain the next day. (In our opinion the G and F vitamins are useful as activators of liver production and kidney retention of carbamide.)

The blood acid-alkaline balance is another critical biological level that may often be off. Measured in pH, the neutral point being 7 (below 7 being acid; above 7, alkaline; the total range, 1 to 14), normal blood pH is 7.3 to 7.4. A pH of 7.7 is not uncommon, although 7.85 is the highest observed before death. At 7.7 the patient will be the type that is allergic to almost everything and cannot use drugs or supplements of any kind without serious digestive or other reactions. They are usually users of grapefruit or other citrus juices. (Most citrus fruit is over-alkaline unless grown on soil like that in the Indian River district in Florida, where the trees get sea minerals from the subsoil.)

These over-alkaline patients are likely to suffer from migrating neuritis, arthritis, bursitis, tic douloureux, angina pectoris, etc. They also have all the calcium deficiency symptoms. Calcium precipitates out of their body fluids and is not replaced as they cannot assimilate calcium in any form. These people are nervous wrecks, and the condition is usually further aggravated by the use of bleached flour products.

The difference in pH of the Indian River citrus fruit—a result of the tree roots absorbing sea minerals—provides a clue for the use of seawater as an antidote for such persons. Seawater and S-P Cal-Amo tablets (ammonium and calcium chlorides) should be used until the symptoms subside. Magnesium, a major component of seawater salts, is just as essential as calcium to prevent muscular tremors and nervousness. Worn-out soils are likely to need both calcium and magnesium. Seawater also provides the potassium and magnesium required for normal blood nutrition.

Potassium has recently been found essential to heart muscle; its deficiency can cause congestive heart failure. A rapid pulse may require potassium. For example, the common rapid heart that follows a meal of refined carbohydrate is a potassium deficiency reaction. Alfalfa minerals (Organically Bound Minerals) promptly relieve this deficiency.

Low Resistance and Vitamin Deficiency

We now have a good example of the effect of deficiency at the cellular level. The environmental nutrition of the cell permits a bacterial invasion. These invaders cannot attack a normally fed tissue. It is a noteworthy fact that diphtheria toxin cannot exist in the presence of ascorbic acid. Diphtheria was a disease only to be feared in the winter months, when the diet had degenerated to cereals and salt meats and the children had been without fresh fruits and vegetables for months. Today we have the common cold still with us. The infective agent is so elusive that it must again be a situation of tissue susceptibility, instead of viral or bacterial virulence.

Here we have a clue as to what is taking place:

> ***Science*** **(March 1884)** reviews a Brazilian pamphlet on the genesis of beriberi. Dr. J.B. DeLacerda cultured blood of beriberi patients in meat solution and obtained a microphyte similar to the “bacillus of carbuncle.” Animals infected with this organism succumb to paralytic disease in five to twenty days. The microphyte was then recovered from the muscles and spinal medulla. “From these facts the author draws the logical conclusion that beriberi is a parasitic disease, and that the parasites attack particularly the blood, muscles, and medulla.”

Until beriberi was conclusively proven to be a deficiency disease,[2] the germ theory proponents had ample evidence to satisfy themselves that it was a result of infection. And today we still are fighting deficiency disease on many fronts thinking that it is infection instead of malnutrition, namely polio, cancer, and the common cold (as virus-caused diseases). The common cold has continued to be the same puzzle as beriberi. The cause may easily be established by the fact that pigs only become susceptible to pneumonia (the end result of colds in the weaker victim) by being fed stale white bread or stale feeds in general, which are loaded with rancid oil residues.

To accomplish immunity in the human, we have to eliminate all cereal, bread, cookies, breakfast foods, crackers, cakes, pies, or crumpets unless made with freshly ground flour. Flour, by oxidation, loses 10 percent of its fat-soluble vitamins per day. The specific action of these rancid residues is to cause respiratory infections and pneumonia.

We also have to eliminate all hydrogenated fats, oleo, and all refined oil as food or “shortening.” Rancid oils are used in the making of any of these oil products, and rancid residues are bound to remain to some extent. Only freshly pressed food oils are wholesome, but they are virtually unobtainable. Commercial oils are almost all refined from rancid and stale sources. Since a major source of phosphorus to build bone tissue and teeth is the lecithin complex in natural oils, this oil refining contributes much to our arthritis and dental disease situation.

We find a demineralized oil just as impractical as a food as we do demineralized carbohydrates such as white flour or refined sugar. Remember the mice that died in nine days on hamburger and white sugar, while others lived indefinitely on hamburger and brown sugar? However, bad foods do not commonly cause sudden death like this. Usually at first they simply cause colds, pneumonia, arthritis, lost teeth, etc. Sudden death may come later, from congestive heart disease. The mice no doubt died from potassium deficiency, which is also known to cause congestive heart failure in human subjects.

One of the best sources of potassium is blackstrap molasses. The benefits of blackstrap molasses are due to two factors: the potassium present and the Wulzen factor (the anti-stiffness or anti-arthritis factor). The latter factor is very high in molasses, but it is little known as a component of most other foods. When the Wulzen factor is not available, the body fluids cannot maintain ionized phosphates in solution, and calcium begins to precipitate out. Bursitis, neuritis, and calcium carbonate deposits start to show up following this sequence. Vitamin F2 physiologically has the same action as the Wulzen factor in maintaining the availability of ionized phosphorus. It may be the animal form of the entity, just as carotene is parallel to vitamin A.

All this of course is a long way from the opinions of the Arthritis and Rheumatism Foundation, quoted as saying, “It is a medical fact, which the Foundation has always stressed, that diet can neither cause nor cure arthritis” (from comments on Dale Alexander’s *Arthritis and Common Sense*[3].)

We wonder just *who* is talking here. Could it be the *refined food industry*? No one with a scientific mind would say, “The cause of arthritis is unknown, but diet has nothing to do with it.” It has been scientifically determined that all that is necessary to cause arthritis in test animals is to feed them cooked foods or pasteurized milk. Certainly, unless the above foundation is deliberately trying to muddy the waters for selfish purposes, it never would make such a statement. It is a typical example of what Dr. M., the President of the American Dental Association, meant when he defined a medical education as “the warping of an unsuspecting immature mind into a meticulous system of commercial superstition.”

References

1. M. Rosenthal, MD. “Wound Shock.” *Scientific American*, December 1958.
2. *Science*, 3:331, March 14, 1884.
3. *J.A.M.A.*, 173:30, August 20, 1960.

Diet, Nutrition, and Dentistry

“Caries and periodontal disease are widespread. In 1956, 80 thousand dentists could give adequate but not optimum care for only 35 percent of 170 million persons. Improved nutrition through proper diet is the safest and best method to reduce the initiation and progression of dental disease for the population of 228 million expected by 1975.”

—Harry Roth*, Oral Surgery, Oral Medicine and Oral Pathology*, 1959

High Points of Standard Process Nutritional Adjuncts

Carbamide [A-C Carbamide]: Carbamide is an essential tissue fluid component and is the *only salt that reduces the electrical conductivity* of the body fluids. Carbamide is useful in inflammatory conditions, since inflammation is always accompanied by a higher local conductivity of tissue fluids. The mental effect of fevers is, no doubt, a consequence of increased tissue fluid conductivity following general inflammation. Any inhibition of the formation of carbamide is further inhibited through the use of opiates. This kidney inhibition and the attendant mental hallucinations resulting are promptly relieved by the use of a little Carbamide. Another spectacular effect is the prompt relief of nervous tension characterized by unpleasant dreams, nightmares, etc. These states may well be related to the alteration in electrical conductivity.

Synergistic products are: vitamin G complex [Cataplex G], vitamin F complex [Cataplex F], and Ribonucleic Acid tablets.

This entry was posted in Applied Trophology, Volume 5 and tagged sedimentation rate.

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Selene River Press is a publishing company specializing in holistic nutrition education. Our philosophy is rooted in the work of Dr. Royal Lee, who showed that vitamin deficiencies, due to processed foods, are responsible for most degenerative disease. From organic farming to food-based vitamins, from raw milk to fermented foods, Dr. Lee set the course for the field of whole food nutrition.

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